

Shawnee Mission Northwest Volleyball 2016

Program Mission Statement: Learn. Work hard. Compete. Each athlete will become of student of the game. They will learn the technical skills to be successful in their high school and/or future collegiate playing career. Each individual will develop the valuable attributes of being a dedicated athlete: work ethic, coach-ability, teamwork, communication, respect, attitude, passion, and discipline. The girls will learn what it takes to compete to achieve excellence and how to respond to challenges. They will learn how to develop mental strength; mental strength that will build confidence in oneself and create in them a fearless attitude. Our athletes will acquire what it means to believe in themselves and this program and then battle to win in every competition. It is our goal that the girls are challenged to improve but more importantly, to enjoy the sport of volleyball and maintain their passion for the game. Finally, each individual will come to recognize the God-given gifts and talents and put them to use no matter where they are; on the court, at home, in the classroom, and in the community, always striving to be their personal best.

Program Priorities:

We have 3 priorities for the program and they are as follows:

1. **Family/Faith-** We will encourage parents and players to go through the program together, it will strengthen their relationship. I will explain the commitment and sacrifices that both the player and the family will make. However, volleyball will never come before the family as a priority.
2. **Academics -** This is the second priority and comes before volleyball. We want to be sure each athlete will receive a quality education. Great effort in the class room will create options and freedom in their future.
3. **Volleyball -** Anytime a player, parent or coach forgets, we will kindly remind them volleyball comes 3rd. Volleyball requires intense mental and physical training and if the other priorities are in order we can more easily be successful on the volleyball court.

As a new or returning member of the Shawnee Mission Northwest High School volleyball team, you will be expected to know and abide the program rules. Please beware that being a part of any team requires and involves sacrifice in order to become a strong player in a successful program.

Policies and Rules

Practice:

- **STARTS @ 3:10 pm.** Players are expected to attend ALL practices on time, mentally & physically prepared. Teams will usually practice until around 5:30 pm. Early in season we may practice until 6 pm. Practices on No School, Late Start, and Early Dismissal days will depend upon the coach.
- Player must be in the gym at 3 pm to help set up nets.
- T-shirts (with sleeves) and shorts/black spandex required at practice.
- All doctor, dentist, hair appointments, etc. need to be taken care of outside of volleyball practice time. Necessary medical appointments are an exception. This is a BIG issue!!! Please **DO NOT** schedule during practice time. We only get > 60 days with your daughter.
- Contact coaches with issues about attending practice as early as possible, but no **later than 1 hour PRIOR to the start of practice.**
- Athletes must communicate with coaches face to face whenever possible (text messages and teammate message is a last resort)
- Seriously injured or sick players are required to attend and watch practice unless given prior excusal from your coach. It is the athlete's responsibility to obtain prior clearance if a situation arises that will affect the athlete from attending practice.
- There WILL BE Saturday practices during the season.
- Everyone assists in setting up and putting away equipment (net, balls, carts, boxes, etc.)
- **NO WALKING ALLOWED** - jogging or running from one place to another when practice begins.
- No one leaves the gym for any reason without permission from the coaching staff

- There will be running and conditioning involved during training sessions and practices. Your daughter must realize they must be physically fit to compete at the highest levels.
- Coaches will be fostering a competitive atmosphere during practices, athletes must realize practices will be physically and mentally demanding and challenging.
- Relentless Pursuit: athletes must continue to pursue a ball until one of the following items occur: a referee blows a whistle, eminent danger, ball contacts the floor or a teammate calls you off.
- Tardiness to **class** is the same as tardiness to practice and penalties will be enforced.
- Practices will be open to players and coaches only.
- Varsity/JV will warm up and train as a group when possible or otherwise stated by coaching staff
- Sophomore/Freshman will warm up as a group until otherwise stated by coaching staff
- No talking back to coaches.
- Feet your feet are moving, your mouth is moving.
- Call the ball 3x
- DON'T SPLIT!

Playing Time:

Playing time is designated by what you do or do not do. As a member of the SMNW volleyball team you can be assured that playing time is achieved through the process of competition using the evaluation tools below. Everyone is provided with the opportunity to reach her full potential through commitment to training and focus. However you utilize this opportunity is what determines your ranking and level of playing time.

- 1) **Strong fundamental skill and Discipline in all aspects of your game.** *Simply put, lack of discipline and ball control will not get you playing time.*
- 2) **Hard work and positive attitude to do the little thing better,** giving yourself and your team a strong foundation that will lead to a higher success level
- 3) **Communication and Listening.** Know how to talk and when to talk on the court. Listening to your coach and respectfully responding.
- 4) **Decision making** on and off the court that benefit the team and the program is highly encouraged.

Everyone in our program is provided with the opportunity to reach their full potential. However, that does not mean that all athletes will be part of most of the competitions. Athletes who are not in the lineup at any given time in a season, set, or match will be treated with equal respect.

- Varsity/JV: playing time is not guaranteed or promised
- Sophomore/Freshman: ALL athletes will get playing time, however it will be unequal
- Volleyball is a competitive sport! As an athlete, you expect to compete against other schools but often times you overlook that you compete against your own teammates throughout the season to earn playing time.
- An athlete may request a meeting with her coach or coaching staff to discuss playing time
- An athletes playing time will not be discussed with other athletes
- An athletes playing time will only be discussed with her parents/guardians with athlete present
- A Parent/athlete must wait 24 hours before and after a game in regards to approaching a coach

Student-Athlete Conduct:

- Teammates: Athletes will respect all teammates of all levels and treat them equal respect
- Coaches: Athletes will respect coaches and respond positively when approached or talked to
Athletes will address coaches by, Coach or Coach Specht, Coach B, Coach Sobba, Coach Gerber.
- Equipment: Athletes are responsible all program equipment and need to take care of it
- Administration/Staff: athletes will respect and treat all superiors with respect
- Opponents/Officials: All competition and officials will be respected and with good sportsmanship
- Locker Room: It will be the volleyball program's responsibility to keep the locker room clean

Drug and Alcohol Use:

- We are ZERO TOLERANCE on drug and alcohol use. You will be kicked off the team if you are caught or rightfully accused of using drugs or alcohol.
- Avoid situations that put you and your eligibility at risk

Bus Policy:

- All athletes must ride the bus to competitions and team events.
- If any athlete miss the bus they will NOT play in the matches that night.
- The bus waits for no one.
- Post matches: If riding home with a parent after matches, coaches will need a signed note saying they will NOT ride back on the bus with the team.

Academics:

- Behavior in the classroom should be exemplary and that of a model student.
- Notify your teachers in advance when you will be leaving early if need be.
- Athletes must not have any D's or F's in order to be eligible to play.
- If you need help from a teacher, athletes must plan to get assistance during seminar or before school. **After school help from a teacher during practice time is prohibited.** Athletes must learn to use time management skills.
- If a coach is contacted by administration or a teacher in regards to athlete behavior, grades, or tardiness the athlete will be disciplined as see fit.
- Athletes must attend a full day of school to participate in practice/games. Can miss only 2 hrs. max!

Excused/Unexcused Absences:

- **Excused:** only those absences which are cleared by a coach BEFORE the game or practice is missed
- If practice is before a game is missed, playing time will be decided by the coach depending on what was missed
- School sponsored activities are excused, but hold the same consequences if it is the practice before a game (remember the volleyball comes 3rd rule)
- All doctor, dentist, hair appointments, etc. need to be taken care of outside of volleyball practice time. Necessary medical appointments are an exception
- **Unexcused:** All practices or games that are not attended to by the athlete and the coach was not informed by the athlete or coach ahead of time (coaching staff will make informed decision of repercussion)

Care and Treatment of Uniforms and Team Gear:

- Players will be charged for any apparel not returned or damaged beyond normal wear and tear
- Apparel will be passed out after tryouts and from that time on is the athlete's responsibility

Social Media:

- Athletes must take ownership of information, pictures, and posts you put online
- Athletes please be aware that you are representing yourself, your team, our volleyball program, our school, and our NW community as a whole

Please make note of our zero Tolerance policy for entire coaching staff. You are well aware of our coaching style and personalities, if there is rule that has been left out please use your moral judgment to make a smart decision.

We look forward to building a strong program and bettering each individual and every team at SMNW.

Head Volleyball Coach Susan Specht
Assistant Volleyball Coaches B, Davis, & Gerber